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Nota di contenuto	""Cover ""; ""Half Title ""; ""Title Page ""; ""Copyright Page ""; ""Dedication""; ""Table of Contents ""; ""Acknowledgments""; ""1. Introduction: journey from feminist international relations problem-making towards a life-enhancing approach ""; ""Towards feminism from a nonfragmented worldview""; ""Towards ontology of joy""; ""Conclusions""; ""2. Heartfelt positivity: a nondualist methodology for international relations ""; ""Posthumanist paradigm shift: new insight into understanding knowing and being""; ""Positive psychology turnaround away from the disease model"" ""Authentic happiness as human nature""""Heartfelt positivity""; ""Toward heartfelt positivity as a practice for research in IR""; ""Joy as a new methodology for IR""; ""Conclusions""; ""3. War is an unexamined belief: mindfulness as a methodology for the practice of IR ""; ""Mindfulness as a practice of acceptance and presence""; ""Who am I without my story?""; ""Toward optimal experience in IR research and writing: bringing awareness to the present moment""; ""Concluding words: heartfulness as practice for IR research on war, politics and experience"" ""4. The stories we live by: Finnish female police officers in security roles """"Ideals for crisis management""; ""Women on a mission""; ""Crisis management in a global neighborhood""; ""Action competence

and emotional intelligence in crisis management"; "Concluding words: incorporating ethical action competence into practice of IR research"; "5. Healing and wholeness in the midst of extreme violence and war"; "Knowing war"; "Violence as a resistance to uncertainty"; "Healing humiliation of the self"; "Self-healing through survival stories"; "Concluding words"

"6. Women are always victims of war, is it true? The politics of remembering women's lived war experience"; "Narratives of appreciation, meaning and purpose"; "Forbidden love and silenced compassion"; "Concluding words"; "7. Posthumanist experience of war: readings of the films *Stormheart* and *The Men Who Stare at Goats*"; "Posthumanist intervention"; "Concluding words"; "8.

Conclusions: dreaming of loving-kindness and shared joy in the field of international relations"; "Loving-kindness as an academic practice"

"Touching on war one last time: an afterthought and personal narrative"; "Joy as a new methodology for international relations: concluding words"; "Notes"; "References"; "Index"

Sommario/riassunto

"This book aims to develop new methodology for the study of International Relations based on joy, informed by current thinking about physics and feminist theory. It examines how the mechanistic-deterministic worldview derived from the Newtonian model has influenced the epistemology and methodology of IR (i.e., the idea that the world is constituted of independent fragments), and seeks ways to develop a new methodology for IR by drawing on the potential of a non-fragmented worldview. The author argues that it is this modern Western view of human beings (or societies) as isolated and separate from the world that prevents IR from finding new solutions to the questions of war and conflict. Drawing upon case studies and examples from film, this book instead proposes joy as an alternative methodology for studying IR, exploring the possibility of self-healing in physical and emotional trauma in extreme violent conditions. The author also discusses how quantum theory contributes to positive psychology in understanding happiness and empowerment, and demonstrates how these findings can further widen the study of IR. This book will be of much interest to students of gender studies, war and conflict studies, IR theory and critical security studies"--
